

Health Lab

Laboratory One- Basic Characteristics of MSHS Health Students

A. Research Questions

1. What are the mean (average) heights, weights, Body Mass Index's (BMI's), and blood pressures (systolic/diastolic), and resting heart rates of MSHS Health students?
2. Are MSHS Health students in healthy categories for mean BMI?
3. Are MSHS Health students in healthy categories for mean systolic and diastolic pressure?
4. Are MSHS Health students in healthy categories for mean resting heart rate?

B. Methods

1. Get your blood pressure measured using the automatic blood pressure machine.
2. Calibrate scale and stadiometer for accuracy.
3. Measure subjects height and weight.
4. Calculate BMI for each subject according to the formula provided.
5. Measure your heart rate for 60 seconds to establish a resting heart rate.
6. Enter your personal data into lab computer under the appropriate columns (gender, height, weight, BMI, systolic pressure, diastolic pressure, heart rate).
7. Compare BMI, heart rate and blood pressure means (averages) to "healthy norms".

C. Write-Up

1. Use the Lab Abstract and Sample Write-Up as a guide to organize your information.
2. Submit your lab report the following class period.